

# The Complete Encyclopedia of Vegetables and Vegetarian Cooking: The Practical Cook's Guide to Every Type of Vegetable, with Over 300 Delicious Recipes

Roz Denny, Christine Ingram



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The Complete Encyclopedia of Vegetables and Vegetarian Cooking: The Practical Cook's Guide to Every Type of Vegetable, with Over 300 Delicious Recipes Roz Denny, Christine Ingram A guide to over 180 contemporary vegetable ingredients, with over 300 recipes. In two sections, the first dealing with identification, seasonal availability, preparation, cooking, historical background and nutrition. The second offers a collection of easy-to-follow vegetarian dishes. Step-by-step format and colour photos of finished dishes.

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